

AbstinenceNews

NEBRASKA ABSTINENCE EDUCATION PROGRAM

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Nebraska Abstinence Education Still Going Strong

The federal Abstinence Education Grant Program to states has been in existence for over ten years.

Nebraska's abstinence education efforts emphasize implementing and facilitating the program in a community-based manner. In this way, local organizations and entities have used the state's funds through the sub grant process to conduct abstinence programming that fits the needs of youth at the local level. Additional activities including curriculum training, grantee summits and instruction or workshops on supportive topics have been conducted for youth workers, educators, parents and sub grant personnel throughout the life of the state's program. For fiscal year 2009, ten community organizations applied and received funding to continue abstinence programming initiated in previous years. The following sub grant programs are currently operational and contribute to the strong foundation and continued presence of the Nebraska Abstinence Education Program across the state. Hats off and a round of applause to the following 2009 sub grants.

■ AAA Pregnancy Resource Center – Hastings

Carrie Abbott of The Legacy Institute will be a guest speaker in middle and high schools in the Hastings area. She will also be featured at an evening event being organized to promote the Resource Center as a hub for abstinence education.

■ Alliance For Teens – Alliance YMCA

New school staff are being trained in the use of W.A.I.T. Training. Resource materials are being purchased for the local schools and the R-5 Production Company will provide youth assemblies in the spring.

■ Charles Drew Health Center – Omaha

Classroom guest speaker services in W.A.I.T. Training is planned for Omaha area middle and high schools.

■ St. Elizabeth's Foundation – Lincoln

Parent education in abstinence and healthy relationships is being provided to parents of high school-aged youth. Further development of a peer mentoring program is also planned.

■ EPS Pregnancy Services – Omaha

A program entitled "The Stronger, More Healthier You" is being provided to clinic clients. The program incorporates abstinence and marriage messages from the F.A.C.T.S. and W.A.I.T. curriculums as well as Choosing The Best and Unmasking Sexual Con Games programs.

■ Nebraska Children's Home – Omaha

Services include continuation of the "Teen Chat" sessions using the Unmasking Sexual Con Games curriculum. Several of the eight elements of abstinence education are also addressed.



Continues from front page . . .

■ North Central District Health Department – O’Neill

NCDHD will Implement the “WAITing in Cherry County” project to youth in the Cody-Kilgore school district. Project includes youth assemblies provided by the national trainer from the W.A.I.T. Training organization in Denver, CO.



■ Four Corners Health Department – York

4 Corners will facilitate educational plays presented by R.E.S.P.E.C.T.² in the junior high schools in each of four counties. The educational plays focus on bullying and dating violence.



■ Wahoo Public and Bishop Neumann High Schools – Wahoo

Youth assemblies and a parent night will be provided by the national trainer from the W.A.I.T. Training organization in Denver. This is a follow-up to abstinence education training conducted in the community in June 2008.





June 28 - July 1, 2009
Colorado State University
Fort Collins, Colorado



The STARS National Conference

The 2009 STARS National Conference is a youth-driven leadership conference for teens who are mentors, speakers and leaders in their communities. The conference provides powerful training and gives youth participants the empowerment they need to abstain from high-risk behaviors, including tobacco, alcohol and other drugs, violence and pre-marital sex.



The four-day program includes large group sessions featuring guest speakers Keith Davis, Jammal Lee and Adan Madrigal. Other conference highlights include adult breakout sessions, community groups and social events and activities.

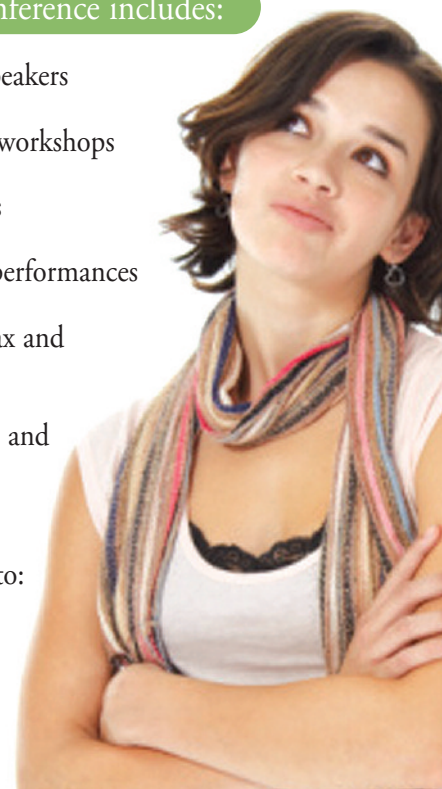
The conference is exciting and energetic because it is

youth-driven. Students entering eighth grade through 2009 high school graduates are eligible to attend. Registration fees include meals and lodging plus a conference T-shirt and other materials

This action-packed conference includes:

- ★ Nationally acclaimed speakers
- ★ Powerful skill-building workshops
- ★ Team-building activities
- ★ Entertaining skits and performances
- ★ Fun social events to relax and meet people
- ★ Small group discussions and activities

To download a conference brochure or to register go to:
www.friendsfirst.org/



Join the Abstinence Movement



J.A.M. Nebraska

“J.A.M.” sessions are sweeping the nation. Join the Abstinence Movement (J.A.M.) is an initiative that empowers young people to speak out on their own behalf and demand what they deserve.

The goal of the J.A.M. initiative is: “To unite the abstinence until marriage education community with one mission, one purpose, and one voice, to bring about social and cultural change while strengthening the abstinence movement.”



“J.A.M. is not a program or an agency... it is a statement.

A statement that supports the abstinence movement that encourages abstaining from pre-marital sex, drug and alcohol use, violence, and all self-destructive, risky behaviors. Abstinence is the best option for this generation.”

To discover the kinds of J.A.M. events you can facilitate in your community, check out the web site at: www.jamamerica.org/index2.html

What ARE They Thinking?

Understanding Adolescent Brain Development

Parenting a teen is not for the faint of heart. Teens can be charming and loving one moment and moody and rebellious the next. Just when you think you've overcome one hurdle, another one presents itself. But before you assume you're the only parent experiencing the trials and tribulations of having a teen in the house, you might find comfort in knowing that all parents of teens are experiencing pretty much the same thing. This is because at least in one area all teens are alike....their brains aren't firing on all cylinders quite yet. Research in adolescent brain development has led to the answers all parents are asking..."What ARE they thinking?" Hopefully the following facts will help you understand your teen's thinking (and behavior) and provide you with some comfort that you're doing a good job of parenting. Here are the facts:

The brain develops from back to front. The last area to develop is the Prefrontal Cortex – usually around age 24-25. This is the area responsible for exercising judgment, decision making, logic and control. (Auto insurance companies have known this fact for years.)

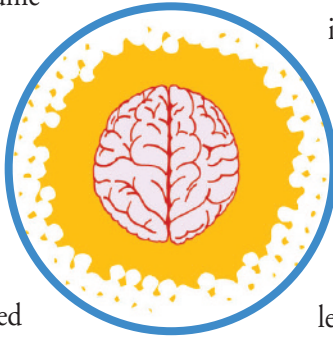
The areas associated with motor and sensory functions mature early. This means they are perfected in their athletic/physical skills but in their "thinking" skills? not so much.

To compensate for the underdeveloped decision-making and control functions, teens operate out of their Amygdala or emotion center of their brain. This explains the mood swings and constant need to participate in behaviors that are considered high-risk. Achieving pleasure is the goal so beware parents -sensation seeking is at high levels.

The sleep/arousal time clock is not yet regulated. This helps explain why teens are still revved the later in the day it becomes but getting them out of bed in the morning is almost impossible.

The area that directs motivation is also underdeveloped.

These are but a few of the many interesting and informative facts about teen brain development. If you would like to learn more about this subject, contact linda.henningsen@nebraska.gov for web links to additional information.



Abstinence Education **Training** Opportunity

\$15.00 Per Person
Register by May 1, 2009

Facilitated by: Scott Phelps, A&M Partnership

Hosted by: Nebraska Abstinence Education Program

WHAT: Training in the *Aspire* curriculum and how to help students realize how the decisions they make today affect their future. Workshop addresses such topics as media, drugs and alcohol, STDs and choosing friends while weaving the abstinence message and importance of marriage throughout.

WHEN:

Wednesday, May 13, 2009

8:00 AM – 3:30 PM

Lunch Provided

WHERE:

St. Elizabeth Foundation Bldg.,
6850 "L" Street, Lincoln, NE,
Classroom A-B.

TO REGISTER: Contact Linda Henningsen
Nebraska Department of Health and Human Services at:
linda.henningsen@nebraska.gov
Or (402) 471-0538

WHO: For Abstinence educators, youth workers, parents, healthcare workers and all who care about Nebraska youth.

Abstinence
Save Sex
Until Marriage



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